



PANTRY

*Extra Virgin Olive Oil Recipes
for the Pantry Home-Chef*



PANTRY

Finding the Right Dose

Finding the correct dose is highly individual and depends on several factors including tolerance, diet, metabolism, sex, weight, or one's motivation for use.

To reduce the cannabinoid content in any recipe, simply substitute a non-infused EVOO of your choice.

Visit our website at www.pantryfoodco.com to find your recommended dose, and whenever in doubt-- start low and go slow! We've included an onset chart of times here to assist you.

AVERAGE ONSET TIME	30 MINS - 1 HOUR
RECOMMENDED WAIT TIME	2 HOURS
PEAK HIGH	2 - 5 HOURS



PANTRY

Heirloom Melon and Crispy Spanish Ham

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

2 Heirloom melons
2 Tablespoons Chive blossoms
5 Chinese mulberries
8 ounces of Spanish Ham sliced thin
2 Capsules of infused Pantry Olive Oil
1 Teaspoon salt

Instructions:

In an oven heated to 300, place the sliced ham on a lined sheet tray and bake until crispy. Let cool.

Slice the melons and coat in the Pantry olive oil.

Top with chive blossoms, Chinese mulberries and broken bits of the crispy Spanish ham.



PANTRY

Passion Fruit Ceviche

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

2 Passion Fruit
1 Tablespoons Mirin
1 Tablespoons Rice wine Vinegar
2 Tablespoons lime
4 Tablespoons Red Onion
1 Tablespoons Sugar
2 Capsuls of Pantry infused olive oil
1 Tablespoon Salt
8oz Black Bass

Instructions:

Combine all dressing ingredients and set aside for flavors to begin incorporating.

Cut black bass into small pieces.

Pour dressing through strainer to collect seeds.
Pour strained dressing over fish and let marinate for at least one hour.



PANTRY

Little Gems Salad

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

Salad:

- 4 Heads Little Gem Lettuce, cleaned, cut into leaves or halves
- 1 Bunch Radishes, sliced or quartered

Dressing:

- 1/3 Cup Mayonnaise, Veganaise is good too
- 2 Tablespoons Honey
- 1/4 Tablespoon White Pepper
- 1 Garlic Clove, micro planed
- 2 Tablespoons Red Wine Vinegar
- 3 Tablespoons Moscato Vinegar or White Balsamic
- 2 Capfuls of Pantry Infused Olive Oil
- Sea Salt to taste

Instructions:

In a medium bowl, mix all dressing ingredients with a whisk, then add the lettuce and toss to coat leaves, season to taste.

Divide between 4 dishes and garnish with radishes for a simple salad but apples, walnuts and pecorino are great garnishes



PANTRY

Spatchcocked Biodynamic Chicken

FULL RECIPE YIELDS 20 MG THC AND 20 MG CBD

Ingredients:

1 Whole Chicken, spatchcocked, cut down the back and flattened

Chermoula:

2 Cups Cilantro, chopped

½ Cup Parsley, chopped

3 Tablespoons Cumin

8 Cloves Garlic, chopped

6-8oz Extra Virgin Olive Oil

4 Capsules Pantry Infused Olive Oil

2oz Lemon Juice

1 Tablespoon Turmeric

1 Teaspoon Chili Flake

Sea Salt

Instructions:

The chermoula is used as both a marinade and the condiment. Start by combining all ingredients in a small bowl except Extra Virgin Olive Oil and Pantry Infused Olive Oil.

Stir in EVOO making sure consistency is thick with herbs. 6oz should be a good starting point but you can always adjust later.

Next, divide this thick mix in half. Now add the Pantry Infused Olive Oil to infuse one half and reserve to serve with roasted chicken. The other portion can now be adjusted with more EVOO to create a marinade. Apply to chicken and let marinade for a few hours or best overnight.

To finish, place chicken on a rack with skin side up and slow roast chicken at 325f for about 25-35 min or internal temp of 165f or higher. Let rest for 6-10 min before cutting. Serve with reserved chermoula.



PANTRY

Cauliflower Rice

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

1 Head of Cauliflower, pulsed in food processor or grated
1/4 Cup Dried Figs
1/2 Tablespoon Cumin
1ea Lemon, Zest, Juice
2oz Extra Virgin Olive Oil
To Taste Sea Salt
1 1/4 Cup Parsley chopped
2 Capsules of Pantry Infused Olive Oil

Instructions:

Place to sauté pan on medium high heat. Add Extra Virgin Olive Oil then the cauliflower rice. Let sweat for about a minute then add figs, cumin, parsley and sea salt. Toss until well combined. Turn off heat and finish with zest, lemon juice and Pantry Infused Olive Oil. Divide into 4 portions.



PANTRY

Harissa Roasted Baby Carrots

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

2 Bunch Baby Carrots, cleaned
1 Bunch Torpedo Onion, cut in half

Harissa:

1 Cup Roasted Red Pepper, peeled, seeded
3 Tablespoons Tomato Paste
2 Cloves Garlic, peeled, chopped
1 ½ Tablespoons Caraway, toasted
¼ Teaspoon Smoked Paprika
½ Teaspoon Cayenne
¼ Teaspoon Cumin
1 Half Meyer Lemon Juice
2oz Extra Virgin Olive Oil
2 Capsules of Pantry Infused Olive Oil

Instructions:

In a small sauce pan, cook over medium high heat, sauté the garlic followed by the peppers and tomato paste.

Cook for about 2 minutes, then transfer to blender puree on high until smooth, also adding all the spices and lemon. Remove ½ cup and infuse with Pantry Infused Olive Oil then reserve to serve later.

Toss the remaining uninfused harissa with vegetable and roast 375f until desired doneness 15 to 20 minutes.

Use the infused harissa as a sauce or condiment for the roasted vegetables.



PANTRY

Chermoula Roasted Honeynut Squash

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

4 Honeynut Squash

Chermoula:

2 Cups Cilantro, chopped

1/2 Cup Parsley, chopped

3 Tablespoons Cumin

8 Cloves Garlic, chopped

6-8oz Extra Virgin Olive Oil

2 Capsules Pantry Infused Olive Oil

2oz Lemon Juice

1 Tablespoon Turmeric

1 Teaspoon Chili Flake

Sea Salt

Instructions:

Start by combining all ingredients in a small bowl except Extra Virgin Olive Oil and Pantry Infused Olive Oil.

Stir in EVOO and Pantry Olive Oil making sure consistency is thick with herbs. Toss the squash with the chermoula then roast.

To roast Honeynut Squash, place in baking dish with about 1/2 inch of water. Bake at 325f for 35 minutes until tender.



PANTRY

Dry-Farmed Apple Galette

FULL RECIPE YIELDS 10 MG THC AND 10 MG CBD

Ingredients:

Pie Dough:

1.5 cups of all purpose flour
10 Tablespoons cold cubed butter
4 T ice cold water

Filling:

8 Mutsu apples or good cooking
apples, cut into slices.
1/2 Cup Granulated sugar
1/2 Cup Brown Sugar
3 Tablespoons Corn Starch

Infused Creme Fraiche:

8 ounces cold creme Fraiche
2 Capfuls of Pantry Infused Olive Oil

Instructions:

Prep Pie Dough: Cut butter into the flour using fingers. Once the flour takes on the texture of wet sand, add the cold water until a shaggy dough forms. Chill for at least 4 hours.

Prep filling: Coat apples in sugar and cornstarch. Set aside for at least 30 minutes.

Roll out dough into a large a piece without tearing. Pile the apples in the center of the dough and fold the edges of the dough over the apples forming a free form shape. Bake at 400 until golden brown and bubbling.

Place cold creme fraiche into a mixer bowl fitted with a whisk attachment. Turn the speed up slowly and whip with the olive oil until light and fluffy.

Place portion of infused creme fraiche over a slice of pie and serve.